

COVID-19

Information for Patients with COVID-19

You have been diagnosed with COVID-19. You must follow these steps to prevent spreading the disease to your family, friends, and others.

1 Isolate yourself

You must stay home until:

- At least 10 days* have passed since your symptoms first started **and**
- You have had no fever for at least 24 hours (without the use of medicine that reduces fevers) **and**
- Your symptoms have improved

*If you have a weak immune system you might need to stay home for longer than 10 days. Talk to your doctor.

2 Tell your close contacts that they need to quarantine and get tested for COVID-19

Your close contacts need to quarantine for 10 days from when they were last in contact with you. They also need to monitor their health and be extra careful with regular COVID-19 precautions for 14 days.

A “close contact” is any person who was exposed to you while you were infectious (from 2 days before your symptoms first started until your home isolation ends). This includes:

- Anyone who was within 6 feet of you for a total of 15 minutes or more over a 24-hour period
- Anyone who had unprotected contact with your body fluids and/or secretions. For example, you coughed or sneezed on them, you shared a drinking cup or eating utensils, you kissed, or they cared for you without wearing the right protective equipment.



Close contacts should follow the full quarantine instructions. Scan the QR code, or visit ph.lacounty.gov/covidquarantine

To arrange a test, contacts can call their doctor, visit covid19.lacounty.gov/testing or call 2-1-1.

3 Follow the isolation instructions including:

- Stay home except to get medical care
- Do not have any visitors
- Stay away from the others in your home. If you must be in the same room, wear a face covering and try to stay at least 6 feet away, especially from those at higher risk of severe illness
- If you must be in a shared space, open windows when possible
- Use a separate bathroom or disinfect a shared bathroom after each use
- Do not make or serve food to others
- Cover your coughs and sneezes
- Wash your hands often with soap and water for at least 20 seconds. Or, use hand sanitizer with at least 60% alcohol
- Disinfect any surfaces you touch a lot
- Contact your doctor if your symptoms get worse or concern you
- Call 9-1-1 if you have emergency signs. These include trouble breathing, pressure or pain in chest, bluish lips, confusion, hard to wake



Follow the full instructions. Ask your doctor for a copy, scan the QR code, or visit ph.lacounty.gov/covidisolation

Please help slow the spread of COVID-19 by answering if you get a call from “LA Public Health” or 1-833-641-0305. If you tested positive but have not gotten a call yet, please call 1-833-540-0473.